



French Bistro Chicken & Potato Salad

 **Gluten Free**

READY IN



100 min.

SERVINGS



40

CALORIES



36 kcal

SIDE DISH

Ingredients

- 0.3 tsp pepper black freshly ground
- 2 Tbsp grey poupon dijon mustard
- 0.3 lb green beans fresh cooled cooked trimmed cut into 1-inch lengths
- 1 tsp thyme leaves fresh chopped
- 0.3 cup real mayo mayonnaise kraft
- 1 lb new potatoes red cooled cooked quartered
- 2 Tbsp onions finely chopped
- 1 Tbsp parsley italian chopped

- 0.8 cup nonfat yogurt plain greek-style
- 1 lb chicken breasts boneless skinless cooled cubed cooked
- 1 Tbsp balsamic vinegar white

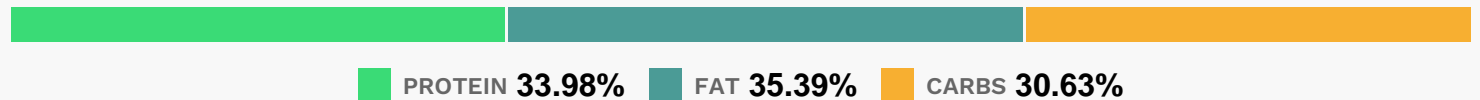
Equipment

- bowl

Directions

- Combine first 3 ingredients in large bowl.
- Mix remaining ingredients.
- Add to potato mixture; mix lightly.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:2.3065217253955%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 35.73kcal (1.79%), Fat: 1.39g (2.14%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 2.34g (0.85%), Sugar: 0.63g (0.7%), Cholesterol: 7.94mg (2.65%), Sodium: 34.85mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Vitamin B3: 1.34mg (6.68%), Vitamin B6: 0.13mg (6.31%), Selenium: 4.14µg (5.91%), Vitamin K: 5.34µg (5.09%), Phosphorus: 39.99mg (4%), Vitamin C: 2.96mg (3.58%), Potassium: 110.79mg (3.17%), Vitamin B5: 0.24mg (2.37%), Magnesium: 7.71mg (1.93%), Vitamin B2: 0.03mg (1.75%), Manganese: 0.03mg (1.59%), Vitamin B1: 0.02mg (1.52%), Fiber: 0.38g (1.5%), Calcium: 13.19mg (1.32%), Iron: 0.19mg (1.07%), Zinc: 0.16mg (1.06%), Folate: 4.13µg (1.03%)